

Grilled Creamy Asparagus

Cuisine: Chinese
Food category: Vegetables



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Company: Retigo Asia



Program steps

Preheating: 265 °C

1

 Combination

 30 %

 Termination by time

 04:00 mm:ss

 250 °C

 90 %



Ingredients - number of portions - 10

Name	Value	Unit
green asparagus	500	g

Name	Value	Unit
crème fraîche	100	ml
lime juice	50	ml
sea-salt	5	g
freshly ground black pepper, ground	5	g
ground smoked paprika	3	g

Nutrition and allergens

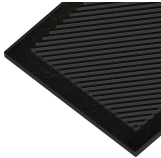
Allergens:
Minerals: K, Mg
Vitamins: B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	16.9 kJ
Carbohydrate	1.4 g
Fat	0.4 g
Protein	1.6 g
Water	0 g

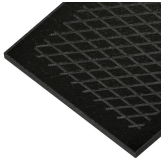
Directions

- ◇ Wash the whole plant of California asparagus, drain and set aside
- ◇ Cut off the hard stem at the tail end, the root skin at the back end is too hard, peel about 5cm
- ◇ Mix Californian asparagus and crème fraîche
- ◇ Baking at high temperature for a short time retains moisture and crispness to the maximum extent, and the color of the oven is emerald green

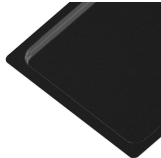
Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill